

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

2008 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

Boys tournament sponsored by U.S. Army, and PureTech Water
Girls tournament sponsored by Dove, U.S. Army, and PureTech Water

CIAC Girls Committee Chairman

Paul Newton, Principal
Enrico Fermi High School, Enfield
School (860) 763-8800
PNewton@enfieldschools.org

Girls Coaches Chairman

Beth Sarnacki
Cromwell High School
School (860) 632-4841, ext. 1856

CIAC Boys Committee Chairman

Donn Friedman, Director
Adult Education, Meriden
Office (203) 630-4190
don.friedman@meriden.k12.ct.us

Boys Coaches Chairman

Mark Dunn
Stafford High School
School (860) 684-4233

THE OUTDOOR TRACK TOURNAMENT INFORMATION IS ARRANGED IN TWELVE (12) SECTIONS.

1.0 DIVISIONS

2.0 DATES/SITES/MEET DIRECTORS

3.0 ENTRY PROCEDURES

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APPENDIX D -- POLE VAULT WEIGHT CERTIFICATION FORM

ALERT
BOYS / GIRLS TRACK COACHES

DEADLINE FOR ALL ENTRIES IS THURSDAY, MAY 29, 2008 by 12:00 p.m., AT WHICH TIME VERIFICATIONS WILL BE SENT TO THE AD AND COACH E-MAIL ADDRESSES ON FILE. SCHOOL OFFICIALS MUST CHECK VERIFICATION FORM FOR ERRORS AND REPORT ERRORS TO CIAC IMMEDIATELY VIA AN ONLINE SUPPORT TICKET (THIS IS THE ONLY CHANNEL FOR SUBMITTING CORRECTIONS, NO PHONE CORRECTIONS WILL BE ACCEPTED). SEEDED MEET PROGRAMS WILL BE POSTED ON THE WEB SITE ON FRIDAY, MAY 30, 2008 BY 3:30 P.M. ABSOLUTELY NO ENTRIES OR CORRECTIONS WILL BE ACCEPTED AFTER THE SEEDED PROGRAMS ARE POSTED.

Please pay particular attention to the Decathlon, Heptathlon, Steeplechase, and Hammer Throw information. The Track Committee has included all information pertaining to these events into separate packets.

All boys and girls relays will have a minimum standard to qualify for all Class Championship Meets.

All field events in all State Championship Meets will now have a 10 minute check-out limit. Athletes should not check-out before necessary.

NEW PROCEDURE FOR 2008 OUTDOOR TRACK SEASON

Schools are REQUIRED to submit individual qualifying performances within seven (7) days of achieving the standard. The site and date of the performance must also be entered. These performances will be available for viewing on the CIAC web site. **While relay teams will have to meet qualifying standards, the only entry required for the relay teams will be on the state entry form.** Relay times may be submitted without CIAC on-line eligibility center justification by the May 29, 2008 deadline. Coaches must bring their verification form to the Class Championship Meet.

NOTE: No individual will be allowed entry into Class Championship competition unless the school has previously entered that individual on the qualifying list by no later than 12:00 p.m. on Thursday, May 29, 2008.

Any irregularities noted on the on-line performances reported to the CIAC this season should be reported to either chair of the Outdoor Track Committee, Donn Friedman – don.friedman@meriden.k12.ct.us (Telephone 203-630-4190) or Paul Newton – PNewton@enfieldschools.org (Telephone 860-763-8800)

JEWELRY RULE (NFHS Rule 4-3-7) For contestants

Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

POLE VAULT (NFHS Rule 7-5-12)

The runway adjacent to the pole vault box may be marked with a permanent 1-centimeter or one-half inch line drawn through the top of the box (zero point) and extended ten (10) feet on each side.

An area will be provided for a designated coach for pole vault.

Note: A COPY OF THE POLE VAULT WEIGHT CERTIFICATION FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL BY A COACH AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS.

Starting in 2008, 7-5-29b: Deletes that it is a foul if a competitor in the pole vault is to leave the ground without breaking the plane.

Rationale: Pole vaulters will be able to abort what might be a bad attempt and still have the opportunity *within the prescribed time limit* to execute another attempt. This change now judges all vertical jumps the same in regard to aborted attempts and trials.

STARTING COMMAND (NFHS Rule 5-7-2 and 5-7-3)

Establishes the single starting command for individual races, or opening relay legs of 800 meters or more outdoor or 600 meters or more indoor shall be “On your marks.”

THE “INTENT-TO-ENTER” FORM HAS BEEN ELIMINATED.

NFHS effective 2006-07 rules 6-4-5, 6-4-8 and 6-5-1 were modified to require all references and diagrams to reflect one standard sector at 34.92 degrees for shot put and discus competition.

Two concerns brought before the track committees by coaches and class meet directors are:

Uniforms -- A concern was raised that during last year’s class meets, athletes competed in events while not wearing a school issued uniform. Coaches that allow this to occur put the meet director and event official in an awkward position not to mention the athletes. Federation and CIAC rules clearly state that the athlete must wear a school issued uniform. Event officials and meet directors will strictly enforce this rule. Please insure that all athletes who compete in the meet wear an appropriate uniform. This is the responsibility of the coach. Unitards or bodysuits are allowed by NFHS. Members of a relay team must all have the same uniform and unitards must be the same color for all entrants.

NFHS Rule 3-2-4 (o) Hair-Control Devices and Headbands Clarified (11/16/06)

There have been numerous questions recently relating to the legality of certain hair-control devices. Players may wear rubber bands, scrunchies, pre-wrap and narrow, multi-colored elastic bands to hold their hair back (3-5-3d). These items are not considered headbands (3-5-3a) and therefore do not fall under the new headband rule. These items do not have to be the same color as the uniform or white, they can be of any color, they do not have to be a single color and they are not subject to the logo restrictions in 3-6.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited (3-5-3e). If a ribbon is being worn *as* a hair-control device, it would be permitted provided it is not judged to be dangerous or inappropriate by the referee (3-5-1).

Strict Adherence to Minimum Qualification Standards for the Class Meets -- Let us begin by saying that there was noticeable improvement in this area. Unfortunately, there are some coaches who continue to enter athletes who may not have met the qualification standard. The committees make this assumption because there continues to be a high percentage of athletes who do not come close to the qualifying time or distance at the class meets. We will continue to monitor this again this year. Coaches, it is your responsibility to insure that all athletes who compete in the class meet have achieved (not come close to) the minimum qualifying standard in a regular meet (not a scrimmage or practice). Any coach who continues to disregard entry procedures and standards leaves the committee no choice but to take action against that coach and/or school. We have absolutely no interest in becoming a body who polices our colleagues. Rather, our interest is to insure that our top quality athletes receive the best possible experience.

NOTE: If a school has more than three (3) qualifiers who have met the minimum qualifying standard in any event, the coach can enter all athletes who qualify within the three event limitation.

If you have any questions, feel free to contact either Donn Friedman at Adult Education Office, Meriden (203) 630-4190 or Paul Newton, Enrico Fermi High School, Enfield (860) 763-8800.

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2008 BOYS / GIRLS OUTDOOR TRACK CHAMPIONSHIPS

1.0 **DIVISIONS**

- 1.1 Only institutional members of the Conference may enter this tournament which will be in five (5) divisions. Placement of schools has been based on the boy or girl enrollment as shown in the 2006-07 CIAC Membership Directory.

Boys:	LL – 613 and over	Girls:	LL – 572 and over
	L – 445 - 612		L – 452 - 571
	MM – 367 - 444		MM – 362 - 451
	M – 258 - 366		M – 250 - 361
	S – up to 257		S – up to 249

2.0 **DATES/SITES/MEET DIRECTORS**

- 2.1 Member school may start practice on, but not before Monday, March 17, 2008.
- 2.2 Member schools may hold the first meet on, but not before Wednesday, April 2, 2008.
- 2.3 **MONDAY, JUNE 2, 2008** – Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class LL Championship - Boys and Girls -- at Manchester High School
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264

Class L Championship - Boys and Girls -- at Willowbrook Park, New Britain
Meet Director, Carl Reichard, East Lyme High School, 30 Chesterfield Rd, PO Box 210, East Lyme 06333
School (860) 739-1481 / Home (860) 572-9426

- 2.4 **TUESDAY, JUNE 3, 2008** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class S Championship - Boys and Girls -- At Manchester High School
Meet Director Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074
Home (860) 644-1264

Class MM Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director, Robert Haddad, 5 Columbia Landing, Columbia 06237
Home (860) 228-4816

- 2.5 **WEDNESDAY, JUNE 4, 2008** -- Field events start at 2:30 p.m. and running events start at 3:00 p.m. (All scratches must be done by 2:15 p.m.)

Class M Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director, Richard Luke, Cromwell High School, Donald Harris Drive, Cromwell, CT 06416
School (860) 632-4841 - Voice mail x 1856 / Home (860) 508-3462 / Fax (860) 613-3363

- 2.6 **MONDAY, JUNE 9, 2008** -- Field events start at 1:30 p.m. and running events start at 2:00 p.m.
(All scratches must be done by 1:15 p.m.)

CIAC OPEN Championship - Boys and Girls -- At Willowbrook Park, New Britain
Meet Director -- Bill Baron (see address and phone numbers above)

- 2.7 **SATURDAY, JUNE 14, 2008**

New England Boys and Girls Track Championship -- At Thornton Academy, Saco, ME -- Information
to be distributed at State Open

- 2.8 **TUESDAY, JUNE 17 AND WEDNESDAY, JUNE 18, 2008**
CIAC Decathlon, Hammer Throw and Steeplechase & Heptathlon - At Willowbrook Park, New
Britain (Separate section)

Girls Heptathlon – June 17, 18	Boys Decathlon – June 17, 18
Girls Hammer Throw – June 17	Boys Hammer Throw – June 18
Girls Steeplechase – June 17	Boys Steeplechase – June 18

3.0 **ENTRY PROCEDURE**

- 3.1 SCHEDULE FORM -- None required in boys or girls outdoor track
- 3.2 CHANGE OF DIVISION FORM -- Not permitted in boys or girls outdoor track
- 3.3 SITE AVAILABILITY FORM -- None required in boys or girls outdoor track
- 3.4 **ENTRY PROCEDURE** -- Entry form must be submitted via the password protected online eligibility center -- by Thursday, May 29, 2008 by 12:00 p.m. Failure to do so will result in disqualification. Entrants not listed will not be allowed to compete. This includes alternates. **AN INDIVIDUAL MAY NOT COMPETE IN MORE THAN THREE (3) EVENTS.**

DIRECTIONS FOR ENTERING ATHLETES

Complete the following steps:

1. Contact your school person responsible for entering CIAC athletic events.
2. Enter your roster from your CIAC eligibility list.
3. Enter your athletes into the event's qualifying performance form.
4. Be certain to enter the athlete's name and qualifying performance for each event you which to enter.
5. Example -- Running event -- 400 meters of 56 seconds will be entered as 5600.
Example -- Field event -- Shot put of 42 feet, 6, and one half inches will be entered as 42-06.50
6. Print your verification copy and bring it to the meet.
7. Submit the form to the CIAC.
8. Check the CIAC website for errors. (www.casciac.org)

NOTE: If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation.

3.5 **ENTRY FEE** -- \$6.00 per individual entered with a minimum of \$60.00, whichever is greater. This must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. **DON'T TAKE THE ENTRY FEE TO THE MEET, IT WON'T BE ACCEPTED.** Make checks payable to CIAC.

3.6 **Late Entry Policy**

- No tournament entries will be accepted after the established deadline (Thursday, May 29, 2008) except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250. (but no entry or late fee will be accepted beyond 3:30 p.m. on Friday, May 30, 2008).
- All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone request will be considered.

Tournament Regulation Violations – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

3.7 **QUALIFYING STANDARDS** -- Only those competitors who have equaled or bettered in regular season competition the qualifying marks listed in the section entitled "Qualifying" are eligible to enter the championship meets. Please adhere to this regulation.

3.8 **COACHES MEETING** -- The coaches meetings will begin at 30 minutes prior to the start of ALL State Meets.

4.0 **EXPENSES/TICKETS**

4.1 Schools will bear all traveling expenses.

4.2 Charges for Class and State Open Championships will be
Free – children five (5) and under
\$5.00 – Senior citizens (age 65 and older)
\$5.00 – Students (grades 1-12)
\$7.00 – Adults (All others not in the above categories)

4.3 During the Championships, the following passes will be honored at all sites.

- a. Track coaches may request from CIAC a pass. A returned self-addressed stamped envelope is required.
- b. Principal (or designee) of participating schools with CAS membership card.
- c. Press Card -- No other complimentary admissions will be permitted.
- d. Athletic Directors of participating schools.
- e. CIAC track officials membership card.

5.0 **FORFEITS**

5.1 When it is discovered that an ineligible competitor participates in a CIAC individual type tournament /meet /match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates, remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from his/her team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last opponent may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country, golf.

6.0 **OFFICIALS**

- 6.1 Meet Directors are responsible for hiring and assigning officials, judges, timers, scorers, starters, inspectors, etc. in accordance with the numbers and types listed in the most current (date) CIAC Handbook.
- 6.2 Automatic timing will be provided by a timing service which has been hired to service all Class Championships and the Open Meet.

7.0 **PROTESTS**

- 7.1 Each meet director will establish a jury of appeals consisting of five (5) members whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final and binding unless there is a challenge to the application of due process.
- 7.2 Protests submitted to the Jury of Appeals must be submitted 30 minutes from the time the results have been announced and entered on the Protest Form included in the packet of information. The form may be found as Appendix D.
- 7.3 On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of CIAC, and the Chairman of the Tournament Committee in question will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.4 **DECISIONS BY GAME OFFICIALS** -- Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest will not be considered. The decisions and interpretations of the rules by the officials are final.

The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules.

Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by the conference.

8.0 **QUALIFYING**

- 8.1 To be eligible for CIAC Class Championship competition, **each competitor must have achieved the following time, distance or height in a regular season meet.** There is a limitation of three (3) competitors per event per school, except relays which is one team per school.

<u>BOYS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
110M H	16.2	16.5	17.0	17.5	17.7
300M Int H	43.0	43.0	43.5	44.0	45.0
100M	11.5	11.5	11.6	11.6	11.7
200M	23.8	23.8	24.1	24.1	24.3
400M	53.5	53.5	53.8	53.8	54.0
800M	2:05.5	2:05.5	2:06.5	2:06.5	2:07.5
1600M	4:39	4:39	4:44	4:48	4:48
3200M	10:20	10:20	10:30	10:45	10:50
4 x 100	46.3	46.3	46.5	47.0	48.0
4 x 400	3:40	3:40	3:43	3:45	3:48
4 x 800	8:50	9:00	9:00	9:10	9:20
Long Jump	20'	19'	19'	19'	19'
Triple Jump	39'6"	39'6"	39'	39'	38'6"
High Jump	5'10"	5'10"	5'8"	5'8"	5'8"
Shot	44'	43'	42'	41'	40'
Discus	125'	120'	120'	115'	115'
Javelin	145'	145'	145'	135'	135'
Pole Vault	11'	11'	10'6"	10'	10'

<u>GIRLS</u>	<u>LL</u>	<u>L</u>	<u>MM</u>	<u>M</u>	<u>S</u>
100M H	17.5	17.8	17.8	18.0	18.0
300M Int H	51.5	51.5	52.5	53.5	53.5
100M	13.3	13.5	13.5	13.5	13.5
200M	28.0	28.0	28.5	28.5	28.7
400M	63.8	64.5	65.0	65.0	65.0
800M	2:32	2:32	2:32	2:32	2:35.5
1600M	5:40	5:40	5:45	5:50	5:50
3200M	12:30	12:30	12:40	12:50	13:10
4 x 100	54.5	54.5	55.0	55.0	55.5
4 x 400	4:25	4:25	4:30	4:30	4:35
4 x 800	11:00	11:00	11:15	11:20	11:30
Long Jump	15'0"	15'0"	14'10"	14'10"	14'6"
Triple Jump	32'	32'	32'	31'	30'
High Jump	4'8"	4'8"	4'8"	4'8"	4'8"
Shot (4 kg)	30'	30'	30'	30'	29'
Discus	85'	85'	85'	85'	85'
Javelin	90'	90'	90'	90'	85'
Pole Vault	8'6"	8'6"	8'6"	8'0"	7'6"

NOTE: An individual competitor may not compete in more than three (3) events. If you have more than three (3) qualifiers in any event, the coach can enter all athletes who qualify within the three event limitation. Each school may enter one relay team per school composed of four individuals and no more than two alternates. Each time a competitor is listed as an alternate on a relay team it counts as one of the three events permitted for that competitor.

- 8.2 Qualification for the State Open Championship is as follows: (a) Top five (5) finishers in Class LL, L, MM, M and S divisional championships; (b) All competitors who meet the automatic qualifying standard. The standard will approximate the eighth place finish established in the previous year's State Open Championship.
- 8.3 In the Class and Championship Meets, competitors in the shot, discus, javelin, triple jump and long jump, the three (3) trials and three (3) finals will be observed. The top nine (9) advance to the final round.
- 8.4 **State Open Championships** - Automatic Qualifying Standard (Marks) (from divisional championships)

Boys

100m	11.30	Shot Put	47'
200m	23.20	Discus	135'
400m	51.50	Javelin	165'
800m	2:00.00	Long Jump	20'9"
1600m	4:30.00	High Jump	6'2"
3200m	9:50	4 x 100m	44.50
110m H. Hurdles	15.30	4 x 400m	3:32.00
300m Int. Hurdles	41.50	4 x 800	8:20
Triple Jump	43'	Pole Vault	12'

Girls

100m	12.60	Shot Put	34'6"
200m	26.70	Discus	105'
400m	60.00	Javelin	110'
800m	2:25.00	Long Jump	16'6"
1600m	5:25.00	High Jump	5'2"
3200m	11:30.00	4 x 100m	50.75
100m Hurdles	16.25	4 x 400m	4:12.00
300m Hurdles	48.00	4 x 800	9:50
Triple Jump	34'8	Pole Vault	9'6"

- 8.5 **Advancement from the CIAC Class Championship to the CIAC Open Championship is predicated on the competitor's performance in the Class Championship Finals (excluding trials in running events).** Advancement to the New England Championship is predicated on the competitors performance in the CIAC Open Championship. The top six finishers in the Open Championship will advance to the New England Championship. The 7th, and 8th place finishers only will be considered as alternates. Athletes who qualify for the New England Championship must declare 15 minutes after the conclusion of the last event or alternates will be designated.

9.0 **RANKING/SEEDING**

- 9.1 Team scoring is 10-8-6-5-4-3-2-1 for an eight lane track. Ties will be scored according to National Federation guidelines. Eight place scoring will occur only when an 8 lane track is used. Otherwise six place scoring 10-8-6-4-2-1 will be used.
- 9.2 In the State Open seeding will be done from the performance of the athletes at the Class meets.
- 9.3 All seeding will be done electronically.

10.0 **SUPERVISION/SPORTSMANSHIP**

- 10.1 An athlete may not compete in the tournament **unless accompanied by his coach or a PROPERLY CERTIFIED REPRESENTATIVE** of the school **designated by the principal in writing.** Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
- 10.2 **ELECTRONIC SOUND EQUIPMENT** such as radios, stereos and tape players and all cooking equipment such as grills and barbecues as well as other distractions are prohibited from the meet area.
- 10.3 Safety is an emphasis at all CIAC events. Many events are potentially dangerous if proper precautions are not observed. The following will be strictly enforced:
- SPECTATORS MAY NOT BE ON THE FIELD AND MUST REMAIN IN THE ASSIGNED SPECTATOR AREAS.**
 - Contestants, not actually competing, must remain in assigned areas.
 - Jumpers and throwers may not practice or compete without adult supervision present.
 - Implements are to be secured immediately following the completion of the event and any athlete throwing the implement thereafter will be disqualified from the event (rule 6-2-12).
 - Standards and crossbars are to be removed immediately upon completion of the event.
- 10.4 **COACHES AND ATHLETES ENTERED IN THE MEETS ARE TO REMAIN IN THE AREA DESIGNATED FOR THEM. VIOLATORS ARE SUBJECT TO DISQUALIFICATION. THIS RULE WILL BE RIGIDLY ENFORCED.**

- 10.5 When a member school's coach is ejected from a MEET for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 10.6 Use or possession of tobacco products or alcoholic beverages of any kind, including champagne, are not permitted on the field of competition or within the stands, or parking lot at which a tournament game is scheduled.
- 10.7 All equipment must pass inspection at the meet according to National Federation Rules, and the shot, javelin and discus must be made available for any competitor. All implements will be weighed, measured and balanced during the registration period (and only at that time). Athletes using non-certified equipment will be disqualified. In the event the weighing of implements is not available, the meet director may designate competition implements which become the common property of all competitors during the competition.

The 8 lb. Shot is still **NOT** acceptable (Girls Track).

THE SHOT, DISCUS AND JAVELIN ARE TO BE IMMEDIATELY SECURED FOLLOWING THE EVENT AND ANY ATHLETE THROWING THE IMPLEMENT THEREAFTER WILL BE DISQUALIFIED.

11.0 **TIME OF MEETS**

- 11.1 All the Combined Class meets will start at 2:30 p.m. Coaches meetings will start at 30 minutes prior to the start of all state meets.
- 11.2 The Combined Open Meet will start at 1:30 p.m.
- 11.3 The field events for class meets begin at 2:30 p.m. and the running events begin at 3:00 p.m. The field events for the open meet begin at 1:30 p.m. and running events begin at 2:00 p.m.

12.0 **TOURNAMENT RULES / PROCEDURES**

12.1 **ORDER OF EVENTS**

COMBINED STATE CHAMPIONSHIPS

Girls 4 x 800	Final
Boys 4x 800	Final
Girls 4 x 100M Relay	Final
Boys 4 x 100M Relay	Final
Girls 100M Hurdle	Semi
Boys 110M Hurdle	Semi
Girls 100M Dash	Semi
Boys 100M Dash	Semi
Girls 1600M Run	Final
Boys 1600M Run	Final
Boys 110M Hurdle	Final
Girls 100M Hurdle	Final
Girls 100M Dash	Final
Boys 100M Dash	Final
Girls 400M Dash	Final
Boys 400M Dash	Final
Girls 300M Hurdle	Final
Boys 300M Hurdle	Final

Girls 800M Run	Final
Boys 800M Run	Final
Girls 200M Dash	Final
Boys 200M Dash	Final
Girls 3200M Run	Final
Boys 3200M Run	Final
Girls 4 x 400M Relay	Final
Boys 4 x 400M Relay	Final

ORDER OF FIELD EVENTS

(Starting simultaneously -- will be the same at both Manchester and Willowbrook)

All field events in all State Championship Meets will now have a 10 minute check-out limit.

Girls Javelin followed by Boys Javelin
Boys Discus followed by Girls Discus
Girls Shot followed by Boys Shot
Girls High Jump followed by Boys High Jump
Girls Long Jump followed by Triple Jump
Boys Long Jump followed by Triple Jump
Boys Pole Vault followed by Girls Pole Vault (or simultaneously)

- 12.2 **Class Meets** - All classes -- High jump and pole vault starting heights will be pre-determined by the CIAC meet director. No performance will be measured below the minimum standard.
- 12.3 The 100m and 110m Hurdles will be run twice, semis and finals. All other races are timed finals. All the championship meets will be automatically timed. **IN THE CLASS MEETS, THE FASTEST EIGHT TIMES IN THE SEMIS WILL ADVANCE TO THE FINALS.**
- 12.4 **Relay Entry Rule**
All competitors listed on the Electronic Entry Form must count the listing as one of the three allowable events. This includes those competitors listed as an alternate, being listed as an alternate also counts as one event.

The Entry Form used in the CIAC Class Championship will determine those eligible to compete in the CIAC Open Championship and the New England Championship. As a relay team advances to the next level of competition, only those runners and alternates whose names appear on the original Entry Form will be eligible to compete in that relay event, no one else.
- 12.5 In the throwing events and the Long Jump, the number of flights will be governed by the number of entries. In the High Jump, the three alive method will be used. In the pole vault, the "five alive" method will be used.
- 12.6 Once a boy/girl scratches after the start of the meet at the class, open, or the start of his/her first event, he/she is scratched from ALL subsequent events in that meet. Scratches will be accepted without penalty up to fifteen (15) minutes prior to the start of all state meets.
- 12.7 ***National Federation rules for uniforms will be strictly enforced.***
- 12.8 Please have competitors dressed for participation on arrival at the meet. Dressing facilities will not be provided.
- 12.9 Championship and runner-up trophies will be awarded at each meet. Medals will be awarded for the first six (6) places in all events.

- 12.10 **Manchester High School** -- Lavatories are available, 3/16 pin spikes or less. Javelin will be thrown off grass. Flats recommended for discus and shot put. **NO COMPETITORS WILL BE PERMITTED IN THE BUILDING.**
- 12.11 **Willowbrook Park** -- Lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" or less may be used. No one is allowed to enter the infield. **NOTE:** The javelin and the discus will be thrown inside the Stadium. The javelin runway surface is the same as the track surface.
- 12.12 Teams arriving before dismissal time at any school should not enter the building.
- 12.13 Neither the Conference nor the meet management assumes any responsibility for losses.
- 12.14 Coaches may be requested by the meet director to furnish competent officials to assist in the direction of the meet.
- 12.15 All meets shall be governed exclusively by the National Federation Rules. All decisions of the Boys/Girls Track Committees relative to the operation of this tournament shall be final.
- 12.16 It is the athlete's responsibility to be aware of the rules governing his/her event and conduct himself/herself accordingly. It is also his responsibility to promptly report to his/her event.
- 12.17 **Competitors Gate** - Athletes and coaches listed on the entry form will be admitted to the competition area via a competitors gate at each site.
- 12.18 **An area will be provided for a designated coach for pole vault.**

2008 BOYS/GIRLS OUTDOOR TRACK AND FIELD MEETS

DISQUALIFICATION REPORT

Meet _____ Location _____

Date _____ Event _____ Heat Number _____

Name of Participant _____ Number _____

Color of Shirt _____ Lane _____

Infraction _____

Signature of Reporting Official _____

Referee's Decision _____

Signature of Referee _____

APPENDIX A

2008 BOYS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL -- 613 and Over (24)

Bridgeport Central	836
Cheshire	628
Danbury	949
East Hartford	753
Fairfield Prep	651
Glastonbury	743
Greenwich	1099
Hamden	795
Manchester	781
Middletown - Xavier	615
Naugatuck	613
New Britain	1204
Newtown	648
Norwalk	616
Norwich Free Academy	887
Ridgefield	615
Shelton	679
Simsbury	625
South Windsor	613
Southington	830
Stamford	644
Stamford - Westhill	839
Trumbull	741
West Haven	628

Class L -- 445-612 (31)

Branford	476
Bridgeport - Bassick	541
Bridgeport - Warren Harding	557
Bristol Central	526
East Lyme	471
Fairfield - Ludlowe	492
Farmington	536
Groton - Fitch	518
Madison - Daniel Hand	445
Meriden - Maloney	492
Middletown	445
Monroe - Masuk	573
New Canaan	474
New Haven - Wilbur Cross	482
New Milford	558
Newington	587
North Haven	448
Norwalk - McMahon	556
Southbury - Pomperaug	522
Storrs - E.O. Smith	450
Stratford - Bunnell	537
Torrington	487
Waterbury - Crosby	492
Waterbury - Kennedy	454
West Hartford - Conard	529
West Hartford - Wm. Hall	578
West Haven - Notre Dame	507
Westport - Staples	600
Wilton	512
Windsor	578
Woodbridge - Amity Reg.	608

Class MM -- 367-444 (27)

Avon	382
Berlin	422
Bethel	389
Bristol Eastern	409
Brookfield	371
Colchester - Bacon Academy	367
Darien	417
East Haven	398
Enfield - Enrico Fermi	431
Fairfield Warde	408
Guilford	423
Hartford - Bulkeley	418
Hartford Public	377
Hartford - Weaver	385
Hebron - RHAM	401
Ledyard	390
Meriden - Platt	424
Milford - Platt Tech.	434
Milford - Jonathan Law	398
New Haven - Hillhouse	411
Redding - Joel Barlow	367
Vernon - Rockville	403
Wallingford - Lyman Hall	423
Waterbury - Wilby	427
Wethersfield	409
Windham	381
Woodstock Academy	423

Boys Track Divisions 2008

Class M -- 258-366 (39)

Ansonia - O'Brien	263
Beacon Falls - Woodland	310
Bridgeport - Bullard Havens	306
Burlington - Lewis Mills	272
Ellington	296
Enfield	321
Granby Memorial	290
Griswold	299
Groton - Grasso Southeastern Tech.	261
Higganum - Haddam-Killingworth	258
Killingly	282
Killingly - Ellis Tech.	313
Manchester - Cheney Tech.	349
Manchester - East Catholic	279
Middletown - Vinal Tech.	355
Milford - Foran	333
Montville	290
New Fairfield	341
New London	258
North Branford	271
Plainfield	308
Plainville	350
Rocky Hill	270
Seymour	339
Stonington	295
Stratford	336
Suffield	294
Tolland	319
Torrington - Wolcott Tech.	337
Trumbull - St. Joseph	291
Wallingford - Sheehan	358
Waterbury - Holy Cross	297
Waterbury - Kaynor Tech.	356
Waterford	353
Watertown	365
Weston	296
Winsted - N. W. Reg.	264
Wolcott	346
Woodbury - Nonnewaug	259

No Team

Danbury - Abbott Tech.	288
Meriden - Wilcox Tech.	316
Bridgeport - Kolbe Cathedral	79
Hamden - Eli Whitney Tech.	187
New Britain - Goodwin Tech.	189
New Milford - Faith Prep.	20
Norwich Tech.	214
Stamford Academy	

Class S -- Up to 257 (50)

Ansonia	236
Bloomfield	239
Bolton	95
Bristol - St. Paul	92
Canton	195
Chaplin - Parish Hill	72
Clinton - Morgan	252
Coventry	227
Cromwell	199
Danbury - Immaculate	170
Deep River - Valley Reg.	208
Derby	170
Durham - Coginchaug	209
East Granby	121
East Haddam - Hale Ray	144
East Hampton	186
East Windsor	186
Fairfield - Notre Dame Catholic	223
Falls Village - Housatonic Valley	217
Hartford - A.I. Prince Tech.	205
Hartford - Capital Prep.	34
Hartford - Classical	71
Hartford - Sport & Medical Science	120
Hartford - University	123
Lebanon - Lyman Memorial	206
Litchfield	151
Litchfield - Wamogo	142
New Haven - Career	197
New Haven - Hyde Leadership	99
No. Stonington - Wheeler	78
Old Lyme	174
Old Saybrook	180
Oxford	
Portland	123
Putnam	136
Somers	192
Stafford	187
Stamford - Trinity Catholic	174
Stamford - Wright Tech.	119
Terryville	186
Thomaston	153
Thompson - Tourtellotte	144
Uncasville - St. Bernard	148
Washington - Shepaug Valley	142
Waterbury - Sacred Heart	156
West Hartford - N.W. Catholic	217
Westbrook	113
Windham Tech.	230
Windsor Locks	253
Winsted - Gilbert School	176

APPENDIX B
2008 GIRLS OUTDOOR TRACK -- LIST OF SCHOOLS BY DIVISION

Class LL (572 and Over) (24)

Bridgeport Central	904
Bridgeport - Warren Harding	619
Cheshire	626
Danbury	1055
East Hartford	1001
Glastonbury	774
Greenwich	999
Hamden	792
Manchester	848
Monroe - Masuk	572
New Britain	1212
Newtown	632
Norwich Free Academy	925
Ridgefield	676
Shelton	609
South Windsor	612
Southington	836
Stamford	688
Stamford - Westhill	827
Trumbull	789
West Hartford - Wm. Hall	586
West Haven	675
Westport - Staples	591
Woodbridge - Amity Reg.	663

Class L (452-571) (30)

Bridgeport - Bassick	469
Bristol Central	518
East Lyme	505
Fairfield Ludlowe	477
Fairfield Warde	452
Farmington	487
Groton - Fitch	497
Guilford	458
Madison - Daniel Hand	452
Meriden - Maloney	473
Middletown	521
Middletown - Mercy	486
Naugatuck	524
New Haven - Wilbur Cross	497
New Milford	568
Newington	531
North Haven	474
Norwalk	562
Norwalk - Brien McMahon	556
Simsbury	517
Southbury - Pomperaug	484
Stratford - Bunnell	529
Storrs - E.O. Smith	491
Torrington	503
Vernon - Rockville	470
Wallingford - Lyman Hall	494
Waterbury - Crosby	521
Waterbury - Kennedy	481
West Hartford - Conard	517
Windsor	479

Class MM (362-451) (26)

Berlin	397
Bethel	380
Branford	441
Bristol Eastern	440
Brookfield	363
Darien	409
East Haven	407
Enfield - Enrico Fermi	429
Hamden - Sacred Heart Academy	362
Hartford - Bulkeley	435
Hartford Public	407
Hartford - Weaver	373
Hebron - RHAM	366
Ledyard	407
Meriden - Platt	403
Milford - Foran	402
Milford - Jonathan Law	381
New Canaan	427
New Haven - Hillhouse	433
Redding - Joel Barlow	373
Waterbury - Wilby	447
Waterford	380
Wethersfield	443
Wilton	429
Woodbury - Nonnewaug	367
Woodstock Academy	447

2008 Girls Outdoor Track Divisions

Class M (250-361) (33)

Avon	342
Beacon Falls - Woodland	304
Bridgeport - Bullard-Havens	334
Burlington - Lewis Mills	282
Clinton - Morgan School	250
Colchester - Bacon Academy	359
Enfield	334
Griswold	268
Higganum - Haddam-Killingworth	258
Killingly	339
Manchester - East Catholic	270
Milford - Luralton Hall	331
Montville	305
New Fairfield	324
New Haven - Career	301
North Branford	261
Plainfield	292
Plainville	331
Rocky Hill	281
Seymour	344
Stamford - Trinity Catholic	250
Stonington	284
Stratford	309
Suffield	357
Tolland	321
Trumbull - St. Joseph	333
Wallingford - Sheehan	361
Waterbury - Holy Cross	290
Watertown	357
Weston	280
Windham	319
Winsted - N.W. Reg.	324
Wolcott	347

No team

Bridgeport - Kolbe	157
Danbury - Abbott Tech.	105
Hamden - Eli Whitney	201
Manchester - Cheney Tech.	68
Meriden - Wilcox Tech.	148
New Britain - Goodwin	161
New Milford - Faith Prep.	33
No. Stonington - Wheeler	96
Norwich Tech.	90
Stamford Academy	
Sprague - Holy Family	34
Torrington - Wolcott Tech.	169

Class S (Up to 249) (55)

Ansonia	241
Ansonia - Emmett O'Brien	118
Bloomfield	225
Bolton	118
Bristol - St. Paul	88
Canton	188
Chaplin - Parish Hill	78
Coventry	219
Cromwell	213
Danbury - Immaculate	133
Deep River - Valley Reg.	234
Derby	160
Durham - Coginchaug	206
East Granby	123
East Haddam - Hale Ray	139
East Hampton	239
East Windsor	185
Ellington	248
Fairfield - Notre Dame	207
Falls Village - Housatonic Valley	213
Granby Memorial	230
Groton - Grasso/Southeastern	198
Hartford - A.I. Prince	213
Hartford - Capital Prep.	49
Hartford - Classical	107
Hartford - Sport & Medical Science	172
Hartford - University	70
Killingly - Ellis Tech.	107
Lebanon - Lyman Memorial	231
Litchfield	176
Litchfield - Wamogo	155
Middletown - Vinal Tech.	103
Milford - Platt Tech.	179
New Haven - Hyde Leadership	38
New London	236
Old Lyme	191
Old Saybrook	159
Oxford	
Portland	139
Putnam	169
Somers	226
Stamford - Wright Tech.	66
Terryville	201
Stafford	206
Thomaston	119
Thompson - Tourtellotte	149
Uncasville - St. Bernard	130
Washington - Shepaug Valley	139
Waterbury - Kaynor RVT	157
Waterbury - Sacred Heart	199
West Hartford - N.W. Catholic	247
Westbrook	116
Windham Tech.	104
Windsor Locks	236
Winsted - Gilbert	170

APPENDIX C

2008 OUTDOOR TRACK AND FIELD MEETS

PROTEST REPORT

____ BOYS ____ GIRLS

Name of Meet _____ Date _____

Meet Director _____ Site _____

Event _____ Athlete's Name _____

School _____

Reason for Protest:

Rule/Procedure in Question (Cite Federation Rule Book):

Coach's Desired Outcome:

Signature of Coach _____

Signature of Meet Director _____

Signature of Chairman of Jury of Appeals _____

Decision of the Jury of Appeals:

APPENDIX D

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CIAC OFFICIAL 2008 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM

____ BOYS ____ GIRLS

School _____ Town _____

<u>Vaulter's Name</u>	<u>Certified Weight</u>	<u>Date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO MAY 22

Name of School Medical Official _____ Date _____

Name of Coach _____ Date _____

Name of Principal _____ Date _____

The principal certifies that the information contained on this form is accurate.

NOTE: A COPY OF THIS FORM MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF EACH OF THE CLASS, OPEN, DECATHLON, AND NEW ENGLAND MEETS. For your convenience, make FOUR (4) copies of this form for these three meets.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2008 BOYS DECATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 17, 2008 -- 100m, Long Jump, Shot Put, High Jump (starts at 5'), 400m
Wednesday, June 18, 2008 -- 110m Hurdles, Discus, PoleVault (starts at 8'6"), Javelin, 1600m

The competition will start at 11:00 a.m. each day with check-in at 10:30 a.m.

Willowbrook Park, New Britain

Thayer Redman, Manchester High School (860) 647-3521 / Home (860) 228-8799

ENTRY PROCEDURE

1. **Entry Fee** -- The entry fee for the decathlon is \$20 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 11, 2008. Entries submitted later than midnight, Wednesday, June 11, 2008 will be rejected.
3. **Entry Limitations** -- Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 4600 points.

GENERAL

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three can score 4,600 points.**
2. The decathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1962. The following exceptions will be in effect: Shot and discus will use high school implements and hurdles will be 39".
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one plus anyone scoring 2,500 or more points will advance to the Wednesday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2008 GIRLS HEPTATHLON INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 17, 2008 -- 100m Hurdles, High Jump (starts at 4'), Shot Put, 200m
Wednesday, June 18, 2008 -- Long Jump, Javelin Throw, 800m

The competition will start at 11:30 a.m. each day with check in at 11:00 a.m.

Site: Willowbrook Park, New Britain

Meet Director: James Thompson, Windham High School (860) 465-2485

ENTRY PROCEDURE

1. **Entry Fee** -- The entry fee for the heptathlon is \$20 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC Office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center no later than midnight, Wednesday, June 11, 2008. Entries not submitted by midnight, June 11, 2008 will be rejected.

GENERAL

1. **Entry Limitations** -- Athletes should be predicted to score about 400 points in all events. Only two (2) entries are allowed per school. A third entry from a single school will be allowed **if all three** can score 3,000 points.
2. The heptathlon will be conducted under the regulations established by the International Amateur Athletics Federation (IAAF) and scored as per the IAAF scoring tables adopted in 1986.
3. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
4. The top 32 scorers from day one, plus anyone scoring 1,850 or more points, will advance to the Wednesday competition.
5. **Awards** -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.

CONNECTICUT STATE HEPTATHLON RECORDS AS OF 7/1/99

Event Records

100 Hurdles	14.71e	Keshia Haughton, Hillhouse, New Haven	1998
High Jump	1.68 (5'6.25")	Lisa Deskis, Enrico Fermi, Enfield	1998
Shot Put	13.64 (44'9")	Rosiey Harris, Windsor	1991
200 Dash	25.77e	Rachel D'Amora, Wilbur Cross, New Haven	1997
Long Jump	5.52 (18'1.25")	Amy Stuyanski, Killingly	1993
	5.52	Nichollette Chambers, Hillhouse, New Haven	1997
Javelin	38.58 (126'7")	Sharyn Harrison, Naugatuck	1997
800 Run	2:12.45e	Susan Golden, Rockville, Vernon	1997
Points	4775	Nichollette Chambers, Hillhouse, New Haven	1997

3700 Point Scorers

	4775	Nichollette Chambers, Hillhouse, New Haven	1997
	4557	Jill Giannini, Plainville	1999
	4515	Rosemary Harris, Windsor	1992
	4370	Nicole Toney, Conard, W. Hartford	1999
	4345	Amy Hurford, Bristol Eastern	1998
	4277	Rosemary Harris, Windsor	1991
	4206	Caryn Benjamin, Amity Reg., Woodbridge	1994
	4164	Nichollette Chambers, Hillhouse, New Haven	1996
	4154	Keshia Haughton, Hillhouse, New Haven	1998
	4121	Susan Golden, Rockville, Vernon	1999
	4099	Amy Basile, Holy Cross, Waterbury	1996
	4093	Heidi Hough, Watertown	1999
	4077	Kathryn Tabor, Stonington	1996
	4075	Angie Jiminez, Stamford	1993
	4067	Jill Giannini, Plainville	1997
	4036	Jennifer Rimkus, Naugatuck	1993
	4023	Norine Nadeau, Norwich Free Academy	1991
	4011	Amy Stuyanski, Killingly	1993
	4008	Tamika Brown, Bridgeport Central	1997
	3991	Brenda Toma, Wolcott	1992
	3973	Angela Girardin, Tourtellotte Memorial, Thompson	1995
	3907	Rebecca Peters, Shelton	1993
	3882	Nicola Armster, Guilford	1993
	3876	Kate Fecinta, Rockville, Vernon	1995
	3871	Nadine Forrester, Middletown	1994
	3863	Lisa Deskis, Enrico Fermi, Enfield	1998
	3860	Melinda Gee, Killingly	1992
	3859	Alanna Moss, Coginchaug, Durham	1993
	3838	Kim Martin, Cheshire	1996
	3828	Katherine MaClean, Joel Barlow, Redding	1998
	3824	Cristel Nelson, Norwich Free Academy	1992
	3821	Tara Achane, Wilbur Cross, New Haven	1988
	3763	Mascinee Brown, Manchester	1998
	3756	Alexia Cruz, Manchester	1990
	3737	Nicole Jones, Plainville	1992
	3725	Sarah Washburn, Wilton	1988
Top Freshman Score	4164	Nichollette Chambers, Hillhouse, New Haven	1996
Top Sophomore Scores	4775	Nichollette Chambers, Hillhouse, New Haven	1997
Top Junior Score	4370	Nicole Toney, Conard, W. Hartford	1999
Top Senior Score	4557	Jill Giannini, Plainville	1999

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2008 BOYS AND GIRLS STEEPLECHASE INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 17, 2008 -- Girls
Wednesday, June 18, 2008 -- Boys

Site: Willowbrook Park, New Britain

Meet Director: Rich Kosta, Fitch High School, 101 Groton Long Point Road, Groton 06340
School: (860) 449-7234 Home: (860) 572-3973

The Girls Steeplechase will start at 4:00 p.m. The Boys Steeplechase will start at 4:00 p.m.

The race lengths will be: Boys -- 3000m Girls -- 2000m

(Girls and boys competition will have two seeded heats based on previous actual steeplechase seed time. Additional heats will be seeded based on qualifying standard in #3 under Entry Procedure. Boys may be assigned to 2000m heats.)

ENTRY PROCEDURE

1. Entry Fee -- The entry fee for the steeplechase is \$5.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Entries must be submitted via the password-protected online eligibility center by Wednesday, June 11, 2008. Entries submitted later than midnight, Wednesday, June 11, 2008 will be rejected.
3. **Qualifying standards are: Boys -- 10:50 for 3200m Girls -- 12:40 for 3200m**
PLEASE DO NOT USE OR TRY TO ESTIMATE STEEPLECHASE TIMES (seed using actual steeplechase or 3200m times from the 2008 outdoor season or 2007 CIAC steeplechase time).

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules will be in effect.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

2008 BOYS AND GIRLS HAMMER THROW INFORMATION SHEET

DATES / SITES / MEET DIRECTORS

Date: Tuesday, June 17, 2008 -- Girls
Wednesday, June 18, 2008 -- Boys

Site: Willowbrook Park, New Britain

Meet Director: Bill Baron, 29 Apple Tree Lane, South Windsor, CT – Home (860) 644-1264

Event Director: Girls -- Carl Reichard, East Lyme High School – (860) 739-1481 / Home (860) 572-9426
Boys -- Tim Kolodziej, Danbury High School – (203) 797-4800

The Hammer Throw will start at 3:30 p.m.

ENTRY PROCEDURE

1. Entry Fee -- The entry fee for the hammer throw is \$5.00 per individual. The entry fee should be made payable to CIAC and mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410.
2. Submit entry form via the password-protected online eligibility center by Wednesday, June 11, 2008. Entries submitted later than midnight, Wednesday, June 11, 2008 will be rejected.
3. **Standard: Boys – 90 feet Girls – 70 feet**
(Must have reached this distance in practice. **Throws in the competition will not be measured below 80 feet for boys and 60 feet for girls.**)

GENERAL

1. No athlete may compete in the decathlon / heptathlon and hammer throw or steeplechase. However, an athlete may compete in the hammer throw and the steeplechase if they so desire.
2. An athlete may not compete in the tournament unless accompanied by his coach or a properly certified representative of the school **designated by the principal in writing**. Coaches are expected to provide proper supervision for their athletes and spectators during all meets.
3. Awards -- The first six finishers in both events will receive medals with the winners being named Connecticut High School Champion in the respective events.
4. Strict International Rules in regard to taping and gloves will be in effect.

BOYS/GIRLS OUTDOOR TRACK TOURNAMENT FORMS LISTING

All tournament forms must be submitted via the online eligibility center section of the CIAC website located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry.

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of outdoor track:

1. Participant List*
2. Event Entries/Qualifying Marks*
3. Decathlon/Hammer/Steeplechase Entry Form
4. Heptathlon/Hammer/Steeplechase Entry Form

* For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

Important: The participant list and the qualifying marks/event entries are two separate forms. The participant list must be submitted first, because only athletes entered on the participant list will be available to enter in events on the qualifying marks form.

Changes may be made to the qualifying marks form through the password-protected eligibility center as necessary/desired up to the entry deadline.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Outdoor Track Entry List

The entry list form must be submitted before the qualifying mark form. Only athletes listed on the entry list form will be available to enter in events on the qualifying mark form.

INFORMATION REQUIRED:

1. Names of all athletes who will participate in any event (including relay team alternates):

Name of Athlete	Name of Athlete
1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

Principals Name:

Athletic Directors Name:

Head Coaches Name:

Head Coaches School Phone:

Head Coaches Home Phone:

Head Coaches E-Mail:

This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center. Under no circumstances will printed forms be accepted in lieu of online submissions.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Outdoor Track Qualifying Marks

Notes: The entry list form must be submitted before the qualifying mark form. Only athletes listed on the entry list form will be available to enter in events on the qualifying mark form.

Each athlete may be entered in up to three events. If an athlete is going to be a member of a relay team (regular or alternate) that must be listed as an event and counts as one of the three.

A team relay mark must be listed and 4-6 team members must be listed for each relay. For each non-relay event being entered, a qualifying mark and the date and meet name where it was attained must be listed.

Teams must bring a printed out copy of their event entries with them to their meet. After the marks are submitted the form can be printed from the password-protected eligibility center by selecting the "View Entry List/Qualifying Marks" option from the Boys Outdoor Track or Girls Outdoor Track pulldown menu.

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

INFORMATION REQUIRED FOR EACH ATHLETE:

Name	Event #1	Event #2	Event #3
1.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
2.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
3.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
4.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
5.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
6.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
7.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
8.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
9.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
10.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
11.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
12.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
13.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
14.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
15.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:

**This worksheet is intended only for collecting information to be submitted via the password protected online eligibility center.
Under no circumstances will printed forms be accepted in lieu of online submissions.**

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

Name	Event #1	Event #2	Event #3
16.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
17.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
18.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
19.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
20.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
21.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
22.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
23.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
24.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
25.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
26.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
27.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
28.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
29.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:
30.	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:	Event: Mark: Date/Meet Attained:

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CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Decathlon/Hammer/Steeplechase Entry

Decathlon: List Best Performance in Each Event:

Name	100MH	LJ	SP	HJ	400	110	DT	PV	JT	1600
1.										
2.										
3.										

Hammer Throw/Steeplechase:

Name	Event	Best Performance
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Coach:

Athletic Director:

Principal:

CIAC ONLINE ELIGIBILITY CENTER WORKSHEET

FORM: Heptathlon/Hammer Entry

MENU: Girls Outdoor Track → Submit Heptathlon/Hammer/Steeple Entry

Name	100MH	HJ	SP	200M	LJ	JT	800M
1.							
2.							
3.							

Hammer Throw/Steeplechase:

Name	Event	Best Performance
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Coach:

Athletic Director:

Principal: